

**SPECIAL
POINTS OF
INTEREST:**

- EATA Award Winners
- #ATsAre Contest
- Student Summer Experiences
- Surgical Observations
- AT Student Club update
- Upcoming Events
- Reconnect with Us!

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THE WRAP:

WCU AT NEWS

VOLUME 1, ISSUE 1

DECEMBER 16, 2014

Happy Holidays from WCU AT!!!

We hope that you had a phenomenal 2014 and we wish you an even happier 2015.

This is a time that we reflect and want to say that we are grateful for all of the support that is given. Our alums, preceptors, and supporters of the program are among the best in the country.

WCU Athletic Training has such a rich tradition with an amazing network.



It is a tradition that we are very proud of and hope to continue.

As we look back on the year, there have been so many fantastic things that students and alumni have done that we would like to share highlights with everyone.

(Disclaimer: This is by no means all-encompassing!)

Enjoy, Happy Holidays, and we hope to hear from you soon!

Congratulations to EATA Award Winners!

At the upcoming 67th Annual EATA Symposium in January, we are very proud to say that WCU AT will be proudly represented with 3 award winners.

Dr. Paula Sammarone Turocy (alum) has been selected to give the prestigious William "Pinky" Newell Memorial Address for her



commitment to the athletic training profession. She truly serves as a role model for so many in the profession.

Dr. Neil Curtis (faculty) has been selected to receive the EATA Presidential Award for his service and passion



throughout his career in athletic training.

Rebecca Dubas (senior) has been selected as an EATA Scholarship award winner for her academic and professional involvement.



Amy Toner #ATsAre Winner! -Amy Toner

I was ecstatic when I found out that I won the grand prize for the #ATsAre contest. As a junior I really wanted to go to my first NATA convention this summer,

but I didn't think I would get to because of the cost. I am so excited that I was able to represent West Chester as one of the winners. I cannot wait to go to

my first national conference this summer!



#ATsAre

-Cory Gentile

NATA Social Media
Contest

The NATA contest #ATsAre was a great way for WCU's Athletic Training program to be nationally recognized. I knew we would have to be creative, clever and, funny. The first picture we posted with Ashley Errickson (graduate student), Sam Eddinger (senior), and Siena Childs (junior) with the WCU Gymnastics team really initiated a great response received from the rest of the classes and sports teams. When the top 15 were announced not one, but three of West Chester ATs had made it to the finals. When Amy Toner was announced as the grand prize winner, it was an amazing feeling to see that everyone's effort in the pictures and the contest paid off.



Amy Toner (c/o 2016): I was ecstatic when I found out that I won the grand prize for the #ATsAre contest. I cannot wait to go to my first national conference this summer!



Faculty members Scott Heinerichs & Rachel Lindsey (both alums) had WCU AT's first study abroad trip and took a group of 18 students abroad to learn about healthcare in London.

"It was easily the best experience I have had in my entire life"

"An experience I will carry with me for the rest of my life."

"One of my greatest memories from my time at WCU"

WCU AT Visited London

-5 Student Impressions



Amy: London was an incredible experience and one of my greatest memories from my time at West Chester, thus far. Not only did we learn about health care and sports medicine in England, but we also got to explore the city a lot. I really enjoyed the opportunity to create relationships with students both younger and older than me on the trip. Traveling abroad has always been a dream of mine and I am so happy that I got to do it with my classmates and friends.



JohnAnthony: Visiting London was an experience I will carry with me for the rest of my life. The trip was filled with tours, meet and greets and lectures

about the healthcare system in London. Not only did I get to spend a fun-filled week with some of my classmates and professors, but I also got to immerse myself in European culture and learn about National Healthcare. One of my favorite parts of the trip was meeting with the Sports Therapy stu-

dents at London Metropolitan University. The trip helped me understand Athletic Training as a profession around the world and see how essential we are becoming to sport around the globe.

Jake: For me, the AT trip to London will be something I will never forget. It was easily the best experience I have had in my entire life. It was a special trip for many reasons, but I think the best reason was that it was a great time to get to know the upperclassmen and professors better, especially as a freshman. I didn't realize how far ahead in AT education America was until I visited. Spending every waking minute with other AT's in a European country is something I will never forget, and I would recommend it to anyone who hasn't studied abroad



before.

Lindsay: This past summer I was lucky enough to have had the chance to travel to London. The memories I walked away from that trip with are unforgettable. From learning about their version of athletic training and health care and com-

paring it to America's I walked away with a better understanding of the differences between America and other cultures. As a WCU athletic training student I now realize how lucky we are to be apart of such a wonderful program. In London athletic trainers are looked down upon and I think it is amazing how well respected we are in America as athletic trainers. This impacted my overall experience at WCU by opening up my eyes to the world around me. This trip encouraged me to travel and continue to learn as much as I can throughout my lifetime. I created such special bonds with my classmates and professors and I have this trip to thank for that.

Austin: The study abroad opportunity that I got with West Chester University Athletic Training was a fantastic experience. London gave me memories that will last a lifetime and knowledge that I will take with me throughout my career as an athletic trainer. It allowed me to see the operations of the field of healthcare from the perspective of another nation and compare that to our own system in the United States. Studying abroad, not just the London experience, has shown me to embrace and learn from all cultures so that I may improve what I do in the clinic, in the classroom, and in my daily life.

John Moyer - PATS President and Proud Parent



John Moyer

"Kyle and I are both very proud to be Athletic Trainers and it all started with a degree from West Chester (State College) University."

As a West Chester (State College) University graduate (1978), I was very thrilled to have the opportunity to pursue becoming the Pennsylvania Athletic Trainers' Society (PATS) President in 2013. A unique situation arose that provided me with the opportunity to pursue this endeavor. I was contacted by many peers about this pursuit but it was my mentor, Joe Iezzi, West Chester (State College) University graduate (1975), who convinced me that I would be able to handle the responsibilities of the PATS Presidency. Not only is Joe a past PATS President but he is also a PATS Hall of Fame member and a National Athletic Trainers Association (NATA) Hall of Fame member.

After spending a year as the PATS President Elect, I became the PATS President in June of 2014. Since becoming PATS President, my schedule has been extremely full but the tasks involved have been very rewarding and fulfilling. As well as overseeing the daily operations of the Society, I have

spent numerous hours in Harrisburg promoting our profession to state legislators. The PATS Executive Board as well as PATS Executive Director, Linda Mazzoli, West Chester University graduate (1987), have been extremely productive in pursuing educational opportunities for our members as well as creating relationships with other health care organizations and corporate partners. The PATS Executive Board recently completed a revised Strategic Plan that will guide our endeavors throughout the next five years and beyond. I urge all PATS members to get involved in the Society. Please contact me at any time at president@gopats.org.

Along with becoming the PATS President, another highlight of 2014 was seeing my son, Kyle Moyer, graduate from West Ches-



ter University in May with a degree in Athletic Training. I am the proud parent of a West Chester University graduate!! Kyle decided to pursue his masters degree at East Stroudsburg University and apply for one of the Graduate Assistant positions at Wilson High School where Kyle graduated from and I am the Head Athletic Trainer. Kyle was placed at Wilson in August and I have had the very rewarding and satisfying experience of directly working with my son as a fellow LAT, ATC. Kyle and I are both very proud to be Athletic Trainers and it all started with a degree from West Chester (State College) University.



Dan Baer, Nick April, Sarah Himes, Jamie Pickard, Bryn Hardy, & Austin Prewitt with Chester middle school students

Health Sciences Summer Academy

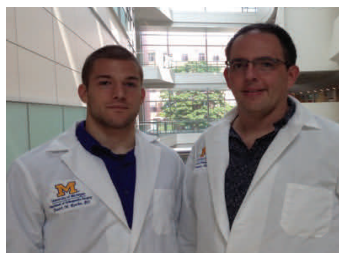
WCU CHS hosted their first ever Health Sciences Summer Academy (HSSA) program over 5 days in July. Representatives from sports medicine, nursing, nutrition, and exercise science interacted with Chester middle school students to help them understand education and career opportunities. Good Fellowship EMS

also stopped by and gave the students a tour of one of their ambulances. Dan Baer (AT alum & current faculty) and five current AT students helped train the Chester students in CPR and first aid, giving the students the opportunity to earn certifications. On the final day of the program, the Chester students received

certificates from Dean of the College of Health Sciences, Dr. Linda Adams, to display their participation and achievements in the HSSA program.



U of Michigan Summer Research Fellowship - Dylan Sarver



Dylan Sarver with Dr. Chris Mendias

I chose to pursue a research fellowship at University of Michigan this summer for a couple of reasons. First and foremost, I am extremely interested in biological research and wish to conduct my

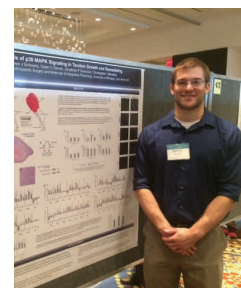
own research studies in the future.

This fellowship allowed me to work with Dr. Christopher Mendias and gain experience and work with scientific

theory on an entirely new level and spearhead hypothesis postulation, laboratory techniques, troubleshooting, grant writing, and manuscript production and review.

In addition, I was able to learn about current physiology research

topics each week at educational seminars. This experience was a necessary part of my academic journey to become a qualified scientist. Secondly, like shadowing a PT for PT school, research experience is important for graduate admissions. This fellowship has helped to make me a more competitive applicant to graduate degree programs. This experience has opened doors for future opportunities in research and has allowed me to meet a lot of great people to collaborate with in the future.



Summer Internship Experiences -Emily Teson

Current seniors Cailey Ryan, Syrena Hess, Brandi Weaver, and Emily Teson all interned at Camp Woodward -an actions sports camp.

Another senior, Bryn Hardy joined our newest faculty member and WCU AT Alum (x2) Kathryn Courtney with the Philadelphia flight men's rugby team.



Cailey Ryan & Syrena Hess

Seniors Emily Teson and Taylor Gerhart were athletic training students for preseason training camp for Division I University of Maryland football program.



Taylor Gerhart & Emily Teson

Christian Loedel and Stacey Blickman (Juniors) both worked with WCU Alum (x2) Jason Kopec with the Philadelphia Soul this summer.

Junior Jordan Bartal worked for Albright College with their international basketball camp, Hoop Groups.

After a long and eventful summer many of the athletic training students advanced their knowledge in the field and gained professional contacts along the way.

First Trip to PATS - Brandi Weaver

Last year was the first time I made the trip to the Pennsylvania Athletic Trainer's Society (PATS) symposium and it was a great experience. My main reason for attending the PATS symposium was to participate in the Quiz Bowl, where I am happy to say that we won second place overall. This being our first time, we were pretty excited about coming so close to the win.

In addition to the Quiz Bowl ex-

citement, we were able to network with new athletic training professionals, see case study and research posters made by other undergraduate students, and sit in on lectures. Each of these were excellent opportunities and I would encourage all students in the athletic training major to attend PATS at some time.

One of the specific lectures I was able to hear was presented by a

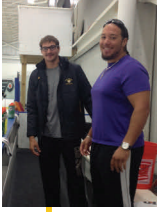
WCU alum Matt Hay and he talked about how physician assistants can be a part of the medical team working with athletic trainers.

Overall, I had a wonderful experience my first time at PATS and will definitely be attending it again.



**John Anthony Rossi, Brandi Weaver, & Emily Teson
—WCU PATS Quiz Bowl 2014
Representatives**

Research Experiences - JohnAnthony Rossi



This past summer Jeff Bangs and I (current seniors) along with graduate student (and alum) Jerome McKeiver were privileged to work with Sandy Fowkes-Godek in collecting data from both the Philadelphia Eagles and Philadelphia Flyers. We gathered sweat, blood, and urine testing from athletes on both teams

investigating fluid and electrolyte balance. This information allowed each team to see which athletes were drinking the proper amount of fluids and if any were at a high risk of heat illness.

Being able to meet the players and work closely with these teams was an unforgettable experience. Collecting this data fueled my interest in Heat

illness and is leading me to pursue my own research in Exercise Physiology. Sandy's research is highly recognized in the Exercise Physiology community and to be able to be a part of that is an experience I will never forget.



This fall, the Department of Sports Medicine, under the direction of Associate Professor Scott Heinerichs, collaborated with the Exercise Science, Nutrition, and Nursing departments to expose undergraduate students to inter-professional education (IPE). The

Fall Prevention Program Scott Heinerichs & Sarah Himes

Institute on Medicine suggests that healthcare workforce preparation should expose students to IPE, which includes occasions when (students) from two or more professions learn with, from and about each other to improve collaboration and the quality of care.

The IPE project was centered on the design and implementation of a Fall Prevention Program with the Coatesville Area Senior Center. Specifically athletic training students assisted and supervised senior citizens during a 10 week balance program and tested

them before and after the program based on the Berg Balance Test. Additionally, this multi-disciplinary project enabled AT students to attend strength training sessions led by exercise science students, as well as nutrition and nursing education sessions, focused on fall prevention within each discipline led by each of the respective student populations. As a result of the positive feedback from this program, it will be continued in the spring of 2015 and data is being collected to demonstrate its effectiveness.

Lacrosse in Uganda -Siena Childs

This past summer I went to Uganda, Africa for two weeks to volunteer with a non-profit organization, Fields of Growth. While there, I had the chance to coach lacrosse and assist with the practices for many of young girls from Central Uganda and the first ever Men's National team. However, this trip allowed me to serve and learn more than I thought I ever would. We visited and

learned about the Bwindi Impenetrable rainforest, 3 national parks, bungee jumped into the Nile River, planted coffee beans with students, and filled in a foundation for a new school house. The best experience was having the chance to meet hundreds of wonderful, loving people who were willing to give up their necessities despite living in poverty to make me feel more at home.

Seeing so many smiles on the children's faces no matter the circumstances always brightened my day. Being there really opened my eyes and to see that we cannot take our opportunities for granted. It allowed me to understand that there is so much out there in the world to experience and that it is up to us all, to make a difference.



Surgical Observation Experience —Cailey Ryan



Cailey Ryan, Dr. Michener, and Christian Loedel

This fall semester, I completed my athletic training clinical rotation at WC East High School and I was given the opportunity to observe the school's physician, Dr. Todd Michener conduct surgery. Watching surgery in the operating room at Chester

County hospital was an eye opening experience that illustrated a diverse aspect of sports medicine. For my surgical observation, I was able to watch an ACL recon-

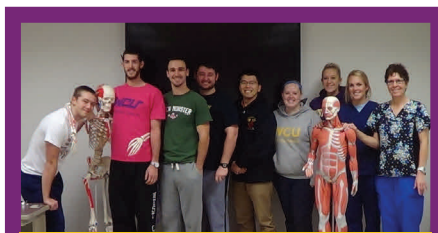
struction. While operating, Dr. Michener made a point to instruct Christian Loedel (current junior) and I on the important structures and landmarks of the knee. Likewise, he explained every step of the surgery and his reasoning behind each one. He

made it easy to understand what was going on and made sure to ask if we had any questions. After my time in the operating room, it gave me a greater appreciation of the surgical process and why athletes have such a long recovery afterwards. Overall, my surgical observation with Dr. Michener was a memorable experience and allowed me to have a greater appreciation of the orthopedic aspect of sports medicine.

Cadaver Anatomy Experience —Mercedes Ingram & Cory Gentile

Mercedes: WCU's Cadaver Anatomy class is an amazing experience and opportunity. As an athletic training student, the class has given me an improved understanding of the human body and how it functions. This class is extremely applicable to the athletic training profession and allows me to have a greater grasp of knowledge for evaluating patients daily.

Cory: This semester I was fortunate enough to participate in cadaver



Cadaver Anatomy Fall 2014

anatomy and cadaver dissection courses. Ever since WCU built the cadaver lab, I have always wanted to take the course. This semester has been the most incredible and eye opening experiences of my under-

graduate career. The human body has always fascinated me, how perfectly we are built and how little space is wasted. To see the human body and all of its systems up close has been an amazing experience. My favorite part has been the knee. We were even able to perform a Lachman Test with the capsule open to see the translation and repeat it after cutting ACL. This experience is one that will help me greatly as a future clinician and is one I will never forget.

Surgical Observation with Dr. Bartolozzi —Taylor Gerhart

I very much enjoyed the opportunity to observe Dr. Arthur Bartolozzi in surgery. This experience was particularly interesting to me as I have never had the chance to experience a real surgery in person.

Throughout the surgical experience Dr. Bartolozzi and his associates were very engaging and worked to help improve my understanding of

the surgery that was taking place.

After completing my surgical observation I feel I have a much better understanding of the complex surgical process and have a heightened respect for the work of an orthopedic physician. This experience is extremely valuable to the growth of athletic training students at West Chester University and I am grate-

ful to have had the chance to participate.



Dr. Bartolozzi with Paul Dougherty and Taylor Gerhart

WCU AT Honors & Awards



Linda Mazzoli



JohnAnthony Rossi



Lauren Kriebel



Robb Rehberg



Jordan Crills

- EATA 2015 Awards:
William "Pinky" Newell Memorial Address: Paula Turocy
Presidential Award: Neil Curtis
Undergraduate Scholarship Award: Rebecca Dubas

- Sturzebecker Hall of Fame 2014: Bradley Beard
- Sturzebecker Scholarship 2014: Nicholas April



Nick April



Bradley Beard

- NATA 2014 Awards:
Hall of Fame: Paula Sammarone Turocy
Most Distinguished Athletic Trainer Award: Linda Mazzoli & Robb Rehberg

- Chester County Sports Hall of Fame 2014: Phil Donley

- End of the year awards last year:
Phil Donley Award (outstanding senior): Lauren Kriebel
Doug Weiss (outstanding junior): JohnAnthony Rossi
Pat Croce (outstanding freshman): Jordan Crills



Phil Donley

- Lauren Kriebel (c/o '14) won NATAREF 2014 Scholarship and EATA 2014 Scholarship.

- Rebecca Dubas (c/o '15) will win a 2015 Scholarship at the upcoming EATA in addition she will be the WCU Quiz Bowl representative and has a poster presentation at

AT Graduate Program Concentration —Katie Morrison

We are now starting our 3rd year of a successful graduate curriculum within the Department of Sports Medicine and Kinesiology at West Chester University. Students enrolled obtain a M.S. in Sport and Exercise Physiology with a concentration in Athletic Training. The program provides an advanced curriculum that enhances athletic training skills

beyond the entry level and enriches academic preparation for advanced work in the field of exercise science. The program is interdisciplinary in nature and provides students with a well-rounded educational experience. The program is a 39 credit, two year degree program that mandates the completion of a Master's Thesis. The thesis requirement

allows students to acquire skills to perform experimental research and to create a specialized area of interest. Pass this information along to qualified students and for further information you can view our graduate concentration website: <http://www.wcupa.edu/ACADEMICS/HealthSciences/sportsmed/progOverview.asp>

Graduate Assistantships Available —Katie Morrison

West Chester University will be offering 4 to 6 clinical graduate assistantships for the Fall of 2015 and the positions are currently being advertised on the NATA career center. Eligible students must be BOC

credentialed by August 2015 and eligible for Pennsylvania state certification. The assistantship sites include West Chester University, Ursinus College, and schools within the West Chester Area School

District. These opportunities provide full tuition reimbursement and a stipend. For more information please contact Dr. Katie Morrison at kmorrison@wcupa.edu.

EATA in Philly...Let's Reconnect!

JANUARY 2015

9

FRIDAY

We will be hosting a private event to celebrate our **WCU AT Alumni, Friends, and Supporters** of the program during EATA this year. Come joint us on Friday, January 9th from 4-7 PM at the Hard Rock in Philadelphia, PA.

Even if you are not coming to EATA, please come out to the event. We would love to see you!

Details to follow regarding registration.

Any questions regarding the event, please contact

Nicky Cattano: ncattano@wcupa.edu



Hard Rock Cafe Philadelphia

1113-31 Market Street

(Corner of 12th & Market Street)

Philadelphia, PA 19107

Hard Rock Cafe Philadelphia

January 9th, 2015

4:00-7:00 PM

Hope to see you there!

Save the Date! Alumni Speaker Series

On Thursday, March 26, 2015 WCU's Sports Medicine Department will be hosting their 1st Annual Athletic Training Alumni Speakers Series. This inaugural event will feature alums **Vincent Hudson**, PhD, DPT, MBA, ATC Chief Operating Officer for the Orthopaedic Associates of Allentown and **Rosemary Schmieg**, DHSc, ATC, PT, OCS, CSCS, Asso-

ciate Professor, Program Director Divisions of Athletic Training and Physical Therapy. The event will consist of a sit-down meal and presentation from each speaker in addition to case study presentations from our current Athletic Training students. This will take place at the West Chester University Foundation located at 202 Carter Drive West Chester, PA.

The purpose of this speaker series is to reunite WCU alumni and donors in the field, gather more interest in the program and provide continuing education units (CEU's) to attendees. All WCU Athletic Training graduates and donors will be invited to attend this event.

MARCH

26

THURSDAY

4th Annual Golf Outing

The 4th Annual Golf Outing will be held at Ingleside Golf Club in Thorndale, PA on Sunday, April 26th 2015. The event has grown over the years and become a wonderful time to catch up with WCU AT alums and friends.

Please come on out and spend the day with us!

APRIL

26

SUNDAY

WCU
WEST CHESTER
UNIVERSITY
ATHLETIC TRAINING
ANNUAL GOLF OUTING

If you are interested in golfing or sponsoring a hole, please contact Nicky Cattano:

ncattano@wcupa.edu

AT Student Club Update

-President: Rebecca Dubas

The Athletic Training Student Club has had a busy fall semester. This year the club's focus is educational opportunities outside of the classroom, networking and fundraising events.

The first club meeting of the semester brought all the classes together to meet their "buddies". This was implemented to help unite current students and offer underclassmen help throughout their career at WCU. The senior class also ran a hands on spine-

boarding workshop where they practiced different scenarios with all students.

Current Grad Assistant (and alum) Cass Byrnes educated students on Functional Movement Screening, and recent alumni (Emily Nowicke, Leeny Tarnowski, Rachel Dolan, & Andrew Waer) came (or skyped) in with the senior class to discuss post-graduation plans.

Outside of the athletic training room and club meetings we

aim to help build connections throughout the classes. This semester social events

included a trip to Sky Zone and ended with the annual Holiday Party.



Annual 5k & Golf Outing

Fundraising efforts included the 3rd Annual Splints-to-Sprints 5k. It was a great success with over 120 registered runners and a profit of over \$2,500. The proceeds will help support students' trips to professional conferences. Andrew Waer (alum) took FIRST place for the 2nd year in a row!



we raised over \$6,000 for scholarship funds, professional conferences, and alumni support. Thank you to all of our tournament supporters, and A BIG

We also host an annual golf outing at Ingleside Golf Club where we have had about 80 golfers each year. Last year

THANK YOU to Brett Phelan and Phelan Construction for their donation and tournament sponsorship!

Show your WCU AT RAM Pride!

WCU AT is running a clothing order from Kelly's Sports that includes items like polos, sweatshirts, visors, and baseball hats.

The webstore address is:
<http://www.kellysteamstores.com/West-Chester-University-Athletic-Training-Alumni>



The webstore is only open until December 21st, so place your orders now!

Items will be shipped to your address. There is also an option to add "ALUMNI" to the side of any item.



One of the most important aspects of our profession is networking. We are always looking to connect with prospective and current students, along with alumni and friends of West Chester University Athletic Training. One way we are achieving this is through social media. West Chester University Athletic Training is now on Facebook, Twitter, and Instagram. We will be posting reminders, info on fundraisers, and news throughout the year!

Facebook: <https://www.facebook.com/pages/WCU-Athletic-Training-Sports-Medicine/182809168530003>

AT Club

AT Alumni Family & Friends

www.wcupa.edu/sportsmed